

BHS Alumni Banquet will be April 6th at BES

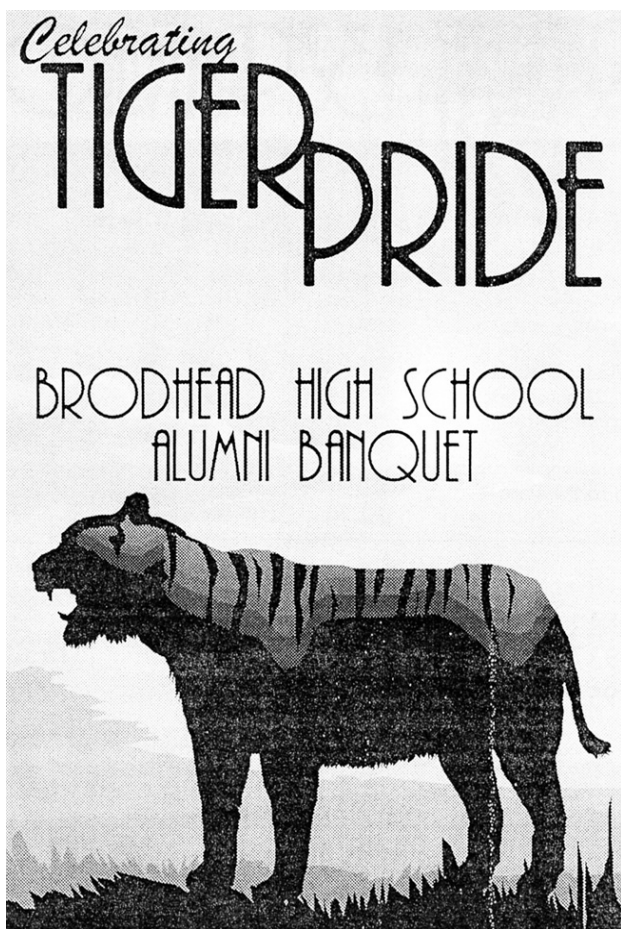
The 55th Annual Brodhead High School Alumni Banquet will be held Saturday, April 6th. Please note that this is one week later than normal since the committee decided to hold the banquet one week after Easter week instead of Easter weekend.

Honored classes this year are: 1938, 1943, 1948, 1953, 1958, 1963 and 1968. Members of the honored classes are encouraged to help spread word of the change in date. All graduates, family and friends are welcome. Letters are being sent to members of the honored classes.

The meal will be catered by Ladonna's of London and will be served at 7 p.m. Early reservations are encouraged and will be \$20 per person. Reservation checks may be sent to Brodhead Elementary School, P.O. Box 187, Brodhead, Ky. 40409.

Doors will open at 5 p.m. If any class wants to meet, a room will be made avail-

able. The last graduating class at the high school was the Class of 1972.





*The
Family Room*

By: Dr. Roy Don Whitehead

Let's consider the many and varied sources of stress in our country today:

1. Money or the lack thereof. Especially in today's economy, low and middle income families are feeling the effects of increased prices and little or no increase in income. Some have no income due to job loss.

2. Relationships. Nothing is more rewarding than a good relationship and nothing is more troubling than when one goes wrong.

3. Work. Assuming one still has a job, the stress can reach nearly intolerable levels. Jobs that involve continued exposure to trauma (emergency rooms, child protective services,

and many more) can cause depression and "secondary traumatic stress disorder."

4. War. Soldiers who are in Afghanistan (and other war zones) and their families cannot totally dismiss from their minds their worries about safety.

5. Illness. Physical and mental illness take a toll on families, both financial and emotional.

The stress from these events can cause physical and emotional illness. Here are some ways to cope to keep from getting sick.

1. Exercise. Recently I took some time off from my regular exercise routine. After a few weeks, my heartbeat was noticeably faster. I felt shaky and had little or no energy. I decided it was time to get back to exercise, and I felt much better after only two days! I no longer felt shaky and my energy level had increased.

2. Relaxation/Meditation. A coworker had given me a CD of relaxing music and I began listening to that

before going to sleep. Not surprisingly I had less trouble going to sleep and slept better.

3. Counseling. Being a counselor and the client of a counselor, I can see this from both sides of the desk. It helps to talk to another human being about the stresses of life. A compassionate third party can provide an outside perspective on the problems that is hard to find on one's own.

4. Spend time with friends. Socializing with people that we like gives us pleasure and helps to lessen the stress.

5. Stop trying to change someone else. The only person I can change is the one I see in the mirror every morning. If I am attempting to change someone else, I am doomed to frustration and added stress. This is especially true if the other does not want to change.

6. Take time off work. Many Americans do not use all their vacation time.

None of these suggestions are new or surprising. The surprising thing is that we continue to ignore them. There is plenty of research data that "proves" these methods work, so making time for one or more should be a high priority.

If you or someone you know is in an abusive relationship, call Family Life Abuse Center at 800-755-5348.

**STRUGGLING
WITH ADDICTION?**

**Toll-free Treatment Help Line
1-866-90-UNITE**

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Let YOUR TEAM Do the Mulching for your home or business!

\$4.50 each Bag Delivered

\$5.50 each Bag Delivered & Spread

Proceeds support the '13 RCHS Rockets Football Team

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Call or Email to Order.

Choose Between:
"Colored Platinum Color Enhanced Black"
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- Each bag is 2.0 cubic feet
- Delivery date & time will be arranged.
- All orders must be paid in full by time of Delivery.
- Deliveries and labor will be in April
- Mulch is from the Nursery Supply Co in Louisville



Rockcastle Co. Quarterback Club

Contact Coach Parkey:
Scott.parkey@rockcastle.kyschools.us
(606)308-2587

Orders will be taken from
Now – March 30.

2013 Rockcastle County Youth Baseball Registration Form

Name: _____

First

Last

Date of Birth: ____/____/____ Phone # (____) _____

Address: _____ League Age _____ Male _____ Female _____

Street

City

State

Zip

Participation in Little League Baseball/Softball requires the ability to run, throw, swing a bat and catch a ball. Additionally, participation requires the capacity to understand the rules of the game. Does your child have any current condition that limits his/her ability to participate in this activity?

YES

NO

If "yes", please explain and identify any modification that would enable your child to participate.

Please provide information about allergies or medical conditions that the team should be aware of in case of an emergency.

I/We the parent(s) of the above name candidate for a position on a Little League team, hereby give my/our approval to participate in any and all Little League activities, including transportation to and from the activities.

I/we know that participation in baseball/softball may result in serious injuries and protective equipment does not prevent all injuries to players and hereby waive, release, absolve indemnity and agree to hold harmless the local Little League, Little League Baseball, Inc., the organizers, sponsors, participants and persons transporting my/our child to and from activities for any claim arising out of injury to my/our child whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident or liability insurance.

I/We agree to return upon request the uniform and other equipment issued to my/our child in as good a condition as when received except for normal wear and tear.

I/We will furnish a certified birth certificate of the above name candidate to League Officials.

Parent or Guardian: _____

(Print)

(Signature)

Name of Family Hospitalization Insurance Plan: _____

Parent(s) Guardian(s) Occupation: _____

School Child attends: _____ President's Signature _____

Rockcastle Little League Baseball or Softball does not limit participation in its activities on the basis of disability.

Would you, as a parent be interested in helping the Little League? Please circle the activity you would be willing to participate in.

Managing a Team Coaching a Team Field Maintenance Other

Registration Fee: \$50

\$40 for each additional sibling

Tee Ball \$35 per child

Make checks payable to the Rockcastle County Little League

Please circle below the appropriate shirt size for uniforms.

Youth: S M L XL

Adult: S M L XL

Please mail completed forms and payment to:

RCLL

PO Box 617 or drop them off at **Jack's Hardware**, Williams Street, Mt. Vernon KY
Brodhead, KY 40409

*Player Evaluations will be March 30 at the Rockcastle Co. Middle School gymnasium. All players required to attend.





The John Lair House - This historic home is available to rent for receptions, family reunions, meetings, etc.

Call to reserve!
(606) 256-1000



RENFRO VALLEY, KY
I-75 - EXIT 62